

# HF - Heart Failure

## **HF-AP      ANATOMY AND PHYSIOLOGY**

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to heart failure.

**STANDARDS:**

1. Explain the normal anatomy and physiology of the heart, liver, and lungs.
2. Discuss the changes to anatomy and physiology as of result of heart failure.
3. Discuss the impact of these changes on the patient's health or well-being.

## **HF-C      COMPLICATIONS**

**OUTCOME:** The patient/family will understand how to prevent complications of heart failure.

**STANDARDS:**

1. Discuss common complications of heart failure, e.g., pulmonary or peripheral edema, MI, death, inability to perform activities of daily living.
2. Discuss the importance of following a treatment plan including diet, exercise, and medications to prevent complications.
3. Emphasize early medical intervention for signs and symptoms of complications.

## **HF-CM      CASE MANAGEMENT**

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated case management in achieving physical and behavioral health.

**STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

## **HF-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

## **HF-DCHL      DISCHARGE LITERATURE**

**OUTCOME:** The parent /family will receive discharge literature specific to heart failure.

### **STANDARDS:**

1. Provide patient/family with specific written patient information literature that includes all the following:
  - a. Smoking cessation advice/counseling if the patient has smoked any time during the year prior to hospitalization.
  - b. All discharge medications.
  - c. Diet and fluid intake/limitations.
  - d. Activity level after discharge.
  - e. Follow-up with a provider after discharge.
  - f. Weight monitoring.
  - g. What to do if heart failure symptoms worsen.

## **HF-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the causes and symptoms of heart failure.

### **STANDARDS:**

1. Explain that heart failure results from the heart not pumping as efficiently as it should. As a result, fluids back up in the extremities (edema) and in the lungs (pulmonary congestion). This back up of fluids causes weight gain. Weight gain should be reported.
2. Explain the cause of heart failure as it relates to the patient's condition, e.g., previous MI, long-standing hypertension.

3. Review signs and symptoms of heart failure, e.g., swelling, fatigue, shortness of breath, weight gain.

## **HF-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will understand and demonstrate (when appropriate) the proper use and care of equipment.

### **STANDARDS:**

1. Discuss the following as appropriate regarding the prescribed equipment:
  - a. Indication for the equipment
  - b. Benefits of using the equipment
  - c. Types and features of the equipment
  - d. Proper function of the equipment
  - e. Signs of equipment malfunction and proper action in case of malfunction
  - f. Infection control principles, including proper disposal of associated medical supplies
  - g. The importance of not tampering with any medical device
2. Demonstrate the safe and proper use, care and cleaning of the equipment as appropriate. Participate in a return demonstration as appropriate.
3. For inpatients, explain that the various alarms are to alert the medical personnel of the patient's status and/or the function of the equipment.

## **HF-EX      EXERCISE**

**OUTCOME:** The patient/family will understand the role of increased physical activity in this patient's disease process and will make a plan to increase regular activity by an agreed-upon amount.

### **STANDARDS:**

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any exercise, such as improvement in well being, stress and depression reduction, sleep, bowel regulation, and self image.
3. Discuss obstacles to a personal exercise plan and solutions to those obstacles. Assist the patient in developing a personal exercise plan.
4. Encourage the patient to increase the intensity and duration of the activity as the patient becomes more fit.
5. Refer to community resources as appropriate.

## **HF-FU          FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of heart failure.

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up, e.g., any sudden weight gain.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **HF-HM          HOME MANAGEMENT**

**OUTCOME:** The patient/family will understand the home management of heart failure and make a plan for implementation.

### **STANDARDS:**

1. Discuss the home management plan and methods for implementation of the plan. (Attain or maintain a healthy weight, eliminate tobacco use, control alcohol intake, elevate feet to reduce edema, etc.)
2. Explain the importance of following a home management plan, e.g., fewer emergency room visits, fewer hospitalizations and fewer complications, as well as a healthier life.
3. Explain the relationship between heart failure and the increased risk of a MI, PE, and/or stroke.
4. Discuss the importance of avoiding communicable diseases by avoiding contact with ill persons, and by obtaining vaccination for vaccine preventable diseases.
5. Balance activity and rest.

## **HF-L          LITERATURE**

**OUTCOME:** The patient/family will receive literature about heart failure.

### **STANDARDS:**

1. Provide the patient/family with literature on heart failure.
2. Discuss the content of literature.

## **HF-LA        LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient will understand the lifestyle adjustments necessary to maintain control of heart failure and formulate an adaptive plan with assistance of the provider.

### **STANDARDS:**

1. Discuss lifestyle changes that may reduce the symptoms of heart failure and improve the quality of life. (Attain or maintain a healthy weight, eliminate tobacco use, control alcohol intake, elevate feet to reduce edema, etc.)
2. Discuss the importance of avoiding communicable diseases by avoiding contact with ill persons, and by obtaining vaccination for vaccine preventable diseases.
3. Balance activity and rest.

## **HF-M        MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **HF-MNT        MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will understand the specific nutritional intervention(s) needed for the treatment or management of heart failure.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.

- c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **HF-N            NUTRITION**

**OUTCOME:** The patient will develop a plan to control heart failure through weight control and sodium intake modification.

### **STANDARDS:**

1. Assess current nutritional habits.
2. Review the relationship between sodium and fluid retention.
3. Emphasize the importance of a sodium-restricted diet.
4. Provide a list of foods high in sodium and emphasize the importance of reducing sodium intake. Refer to registered dietitian or other local resources as available.
5. Assist in developing appropriate diet plan to achieve optimal weight and sodium control.

## **HF-SM            STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in heart failure.

### **STANDARDS:**

1. Explain that uncontrolled stress can increase the severity of heart failure.
2. Explain that uncontrolled stress can interfere with the treatment of heart failure.
3. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the risk of morbidity and mortality from heart failure.
4. Explain that effective stress management may help reduce the severity of heart failure, help prevent progression of cardiovascular disease, as well as help improve the health and well-being of the patient.
5. Discuss various stress management strategies that may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits

- c. Talking with people you trust about your worries or problems
  - d. Setting realistic goals
  - e. Getting enough sleep
  - f. Maintaining a healthy diet
  - g. Exercising regularly
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
6. Provide referrals as appropriate.

## **HF-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results